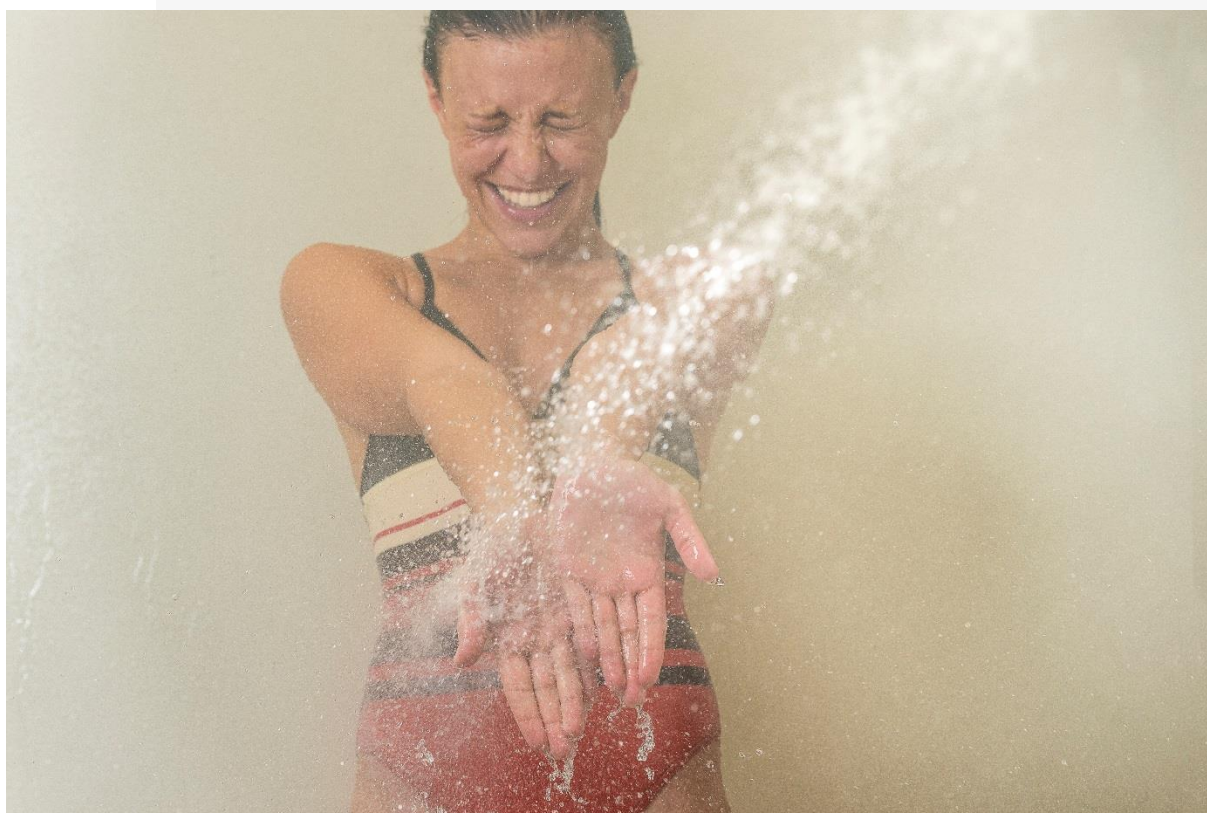


Program :

Vitality



3 days «Discovery» at 800€ with 6 hours of cares ^(*)

5 days« Wellness » at 1 350€ with 10 hours of cares ^(*)

The purpose of your stay:

Gain vitality,

Regain dynamism and tone,

Revitalize the circulation of energy,

Oxygenate.

^(*)Access to 1500 m² of Spa & Wellness, Technogym

Catering and accommodation not included (room from 170€)

10% discount on additional treatments booked à la carte

Formulas « Vitality »

Formula 5 days « Wellness »

DAY 1

| | |
|----------------------|-----------|
| Initial consultation | 60 mn |
| Steam bath | unlimited |
| Scrub | 30 mn |
| Body wrap | 30 mn |
| Massage Tui Na | 60 mn |

DAY 2

| | |
|------------------|-------|
| Coach | 30 mn |
| Jet shower | 15 mn |
| Foot reflexology | 45 mn |
| Massage Thaï | 60 mn |

DAY 3

| | |
|----------------------------|-----------|
| Sauna | unlimited |
| Body wrap | 30 mn |
| Tui Na Massage | 60 mn |
| Colonic irrigation session | 90 mn |

DAY 4

| | |
|------------------|-----------|
| Steam bath | unlimited |
| Jet shower | 15 mn |
| Foot reflexology | 45 mn |
| Swedish massage | 60 mn |

DAY 5

| | |
|---------------------|-----------|
| Steam bath | unlimited |
| Californien Massage | 60 mn |
| Face care | 60 mn |
| Finale consultation | 30 mn |

Formula 3 days «Discovery»

DAY 1

| | |
|----------------|-----------|
| Welcome | 30 mn |
| Steam bath | unlimited |
| Scrub | 30 mn |
| Body wrap | 30 mn |
| Tui Na Massage | 60 mn |

DAY 2

| | |
|------------------|-------|
| Jet shower | 15 mn |
| Thaï Massage | 60 mn |
| Foot reflexology | 45 mn |
| Face care | 60 mn |

DAY 3

| | |
|-------------------|-----------|
| Sauna | unlimited |
| Hydromassage bath | 20 mn |
| Body wrap | 30 mn |



Recommended collective fitness courses

Aquafit
30 mn

Improve the functional mobility.

Body Ball
30 mn

Allows to relieve your pain, back tension, mobilize your body in suppleness and tone, relieve stress, seek your well-being in your body.

Float Fit
30 mn

The most comprehensive and FUNNY course in the pool! On a board, you develop your strength, flexibility, posture and stability.

Aqua bike
30 mn

Develops stamina and energy. Global work on buttocks and thighs.

HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • VINEYARD

SPA & WELLNESS CENTER Coquillade Village 5* – Le Perrotet – 84400 Gargas

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